

# Helpful Links

## **Driving/sexuality/leisure resources**

<https://www.stroke.org/we-can-help/survivors/stroke-recovery/life-style/driving-after-stroke/>

<http://www.stroke.org/we-can-help/stroke-survivors/living-stroke/lifestyle/relationships/sex-and-sexuality?docID=999>

[https://www.stroke.org/wp-content/uploads/2018/12/Physical-Activity\\_Fact-Sheet.pdf](https://www.stroke.org/wp-content/uploads/2018/12/Physical-Activity_Fact-Sheet.pdf)

## **Steps Against Recurrent Stroke**

[https://www.stroke.org/wp-content/uploads/2018/12/STARS\\_2018.pdf](https://www.stroke.org/wp-content/uploads/2018/12/STARS_2018.pdf)

## **Guide to Choosing Stroke Rehabilitation Services**

<http://www.stroke.org/stroke-resources/library/national-stroke-association%E2%80%99s-guide-choosing-stroke-rehabilitation-services?docID=1101>

## **Spasticity**

<http://www.stroke-rehab.com/spasticity.html>

## **Swallowing (Dysphagia)**

<https://www.stroke.org/we-can-help/survivors/stroke-recovery/post-stroke-conditions/physical/dysphagia/>

## **Caregiver Support**

<http://www.stroke.org/we-can-help/caregivers-and-family/careliving-guide>

## **Bowel and bladder issues**

[https://www.stroke.org/nsafactsheet\\_bowelandbladder\\_2014/](https://www.stroke.org/nsafactsheet_bowelandbladder_2014/)

## **Sleep issues**

[https://www.stroke.org/nsafactsheet\\_sleepdisorders\\_2014/](https://www.stroke.org/nsafactsheet_sleepdisorders_2014/)

<https://www.stroke.org/we-can-help/survivors/stroke-recovery/post-stroke-conditions/physical/sleep/>

## **Definitions of Common Terms**

<http://www.stroke.org/understand-stroke/preventing-stroke/afib-stroke-connection/afib-stroke-glossary>

## **Questions to Ask Your Doctor**

[http://support.stroke.org/acute\\_site/treatment/questions-after.html](http://support.stroke.org/acute_site/treatment/questions-after.html)